

Potatoes



NUTRITION:	A baked potato contains 782 mg potassium compared to a boiled potato with 385 mg. Potatoes are also a good source of carbohydrates.
HOW TO SELECT:	Baking varieties have a mealy characteristic and include: Russet Burbank, and Kennebec. Varieties better suited to boiling are: Red Pontiac, and White Rose. A baking potato is generally also good boiled, but a boiling potato does not make a good baker. When placed in a brine solution of 1 cup salt to 11 cups water, a boiling potato will float and a baker sinks.
STORAGE:	If handled properly, potatoes can be stored for use year around. Harvest potatoes when the tops have yellowed and died. Dig from dry soil and brush off soil. Do not wash. Store in a cool and dark place. Storage time is 2 to 4 months.
DRYING:	<p>Because fresh potatoes are available all year at modest prices, it is not considered economical to dry them.</p> <p><u>Preparation:</u></p> <ul style="list-style-type: none">• Peel, wash, and slice 1/4" to 3/8" thick or shoestring 3/16" thick, or grate. <p><u>Pretreatment:</u></p> <ul style="list-style-type: none">• Rinse in cold water. Water or steam blanch and rinse well. 5-6 min. in water, 6-8 min. in steam. <p><u>Drying Procedure:</u></p> <ul style="list-style-type: none">• Dry at 160 degrees F. for 1 to 2 hours, then at 130 F. until dry. (7-10 hours). Potatoes should be crisp and brittle.
FREEZING:	Wash, pare, remove deep eyes, bruises, and green surface coloring. Cut into 1/4" to 1/2" cubes. Blanch 5 minutes, cool. For french fries: Pare and cut in thin strips. Fry in deep fat until light brown. Drain and cool. Package in freezer bags and label. To serve, bake at 400 degrees F. 10 to 20 minutes.
CANNING:	<p><u>PRESSURE CAN</u></p> <p>Wash jars, lids, and rings in hot, soapy water and rinse well. Check manufacturer's directions for heating lids before use. Use boiling potatoes that have a solid consistency when cooked.</p> <p>To Prepare: Wash, peel, and cut into 1/2 inch cubes. To prevent darkening, dip in brine of 1 teaspoon salt to one quart of water. Cook 2 minutes in boiling water then pack into jars and fill to within 1 inch from top of jar. If salt is desired, add 1/2 teaspoon to each pint, 1 teaspoon to each quart. If using whole potatoes, use potatoes 1 –2 1/2 inches across. Cook in boiling water 10 minutes, then pack in jars and add boiling water and salt.</p> <p>Seal with lids and rings. Put 2-3 inches of boiling water in pressure canner. Place</p> <p style="text-align: right;">(Continued→)</p>

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CANNING cont.—

filled jars on rack in canner and close canner. Watch for steam to escape steadily through petcock for 10 minutes, then place weighted gauge on or close petcock. When pressure reaches 10 pounds for weighted gauge or 11 pounds for dial gauge, set timer 35 minutes for pints and 40 minutes for quarts. When timer sounds, remove canner from heat to cool. When pressure reaches 0, open lid and remove jars immediately to dry towel or rack to cool. After cooling (about 12 hours) remove ring and test for seal.

Wipe jars, remove rings, label, and store in cool dry place.

Call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

**HANDOUT DEVELOPED BY: WSU Master Food Preservers
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